

Insurance Reimbursement?

CCBT will contact your carrier to determine if it pays for you (and your spouse or partner) to attend group therapy. If so, your deductible or co-pay will be your cost per session.

The Positive Behavioral Parenting will be taught by **Ms. Rita Messer, LISW-S**. Ms. Messer is an Independent Social Worker, trained and experienced in teaching behavioral methods to parents.



When, Where, How Much?

When:

Usually Evenings During the Week

Where:

4624 Sawmill Rd (Between Bethel and Henderson Rds.)

How Much:

\$20 per session per parent, \$200 pre-paid per parent for all 12 sessions, couples \$370 pre-paid together

THE CENTER FOR COGNITIVE AND BEHAVIORAL THERAPY

4624 Sawmill Rd. [Columbus], Ohio 43220

www.ccbtcolumbus.com

614-459-4490



Positive Behavioral Parenting

How to Replace Problem Behaviors with the Behaviors that You Want

CCBT

Applying the Science of Behavioral Health

Call 614-459-4490 to Register for the 12 Week Group

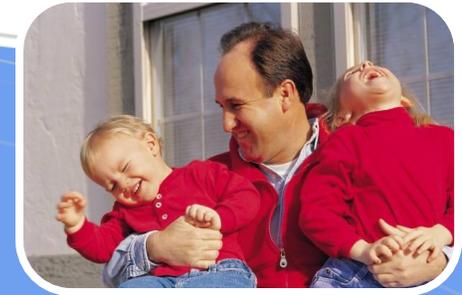
Positive Behavioral Parenting



Positive Behavioral Parenting is based upon the work of Alan Kazdin and his team at Yale University. His work, Parent Management Training, or PMT, is a well-researched and highly effective method for parenting. The goals of our group include helping you understand behaviors, change how you pay attention, use rewards to build the behaviors you want, and use discipline effectively (and only when its needed). The mission is to build positive behaviors that are the opposite of the ones causing problems. Minding parents should be a realistic expectation in your home if you use these techniques.

“Kids Spell Love T-I-M-E”

John Crudele



What is Contained in the 12 Weeks?

- *How to Understand and Observe Behaviors*
- *Rewards, Point Charts, and Effective Prompts*
- *Using Time Out Correctly*
- *Paying Attention and Ignoring*
- *Getting Homework Done and Collaborating with the School*
- *Fine-Tuning Your Skills*
- *Dealing with Infrequent but Very Troublesome Behaviors*
- *Using Reprimands Correctly*
- *How to Compromise with Kids*

A key basis to the approach is a positive perspective. All parents become frustrated when children (like those with ADHD) don't listen. Most kids react to a stern reminder, but when they don't, moms and dads don't know what exactly to do. We know that parents begin to keep telling children to do something between 3 and 7 times before they become angry or fed up, and then they use punishments. Even though most children become less compliant if this pattern occurs, parents use it over and over again.

This program will change parents perspectives from believing their children mis-behave on purpose, to believing that

any behavior can be changed. The goal for parents becomes positive behaviors—the ones you want to see. The shift is from stopping a behavior to replacing it.

This group will teach you to be in charge of your children by controlling how you react to them, how you pay attention to them, and how you reward them. The basic principles of behavioral science, and the proven techniques of Parent Management Training, should give you back your sense of calm and control.

Call 614-459-4490 to Register